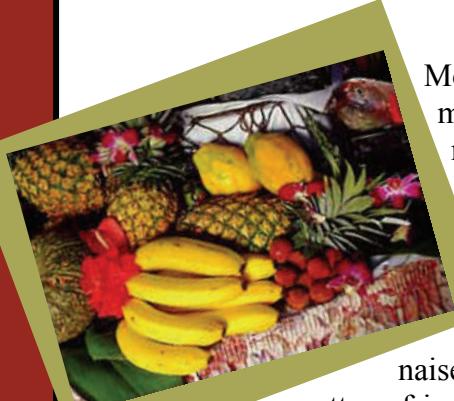


Hawaiian Cuisine



Modern Hawaiian cuisine is a fusion of many cuisines brought by multi-ethnic immigrants to the islands, particularly of American, Chinese, Filipino, Japanese, Korean, Polynesian and Portuguese origins, and including food sources from plants and animals imported for Hawaiian agricultural use from all over the world. Many local restaurants serve the ubiquitous plate lunch featuring the Asian staple, two scoops rice, a simplified version of American macaroni salad (usually consisting of only macaroni noodles and mayonnaise), and a variety of different toppings ranging from the hamburger patty, a fried egg, and gravy of a *Loco Moco*, Japanese style *Tonkatsu* or the traditional favorite, *Kalua Pig*.

The first Polynesians began arriving from the Marquesas in about 600 or 700 AD; then from the Society Islands came another migration in about 1100 AD. With them they brought many ingredients not indigenous to the Hawaiian islands, such as breadfruit. As an Island culture, the Hawaiians are dependent on the sea for much of their diet as evident by their love of *Poke* or *Ahi* which is similar to a *Ceviche*, *Mahi mahi* and *Tako*. Among the Hawaiian people, it is customary to celebrate auspicious occasions with a luau or great feast. Once called the *aha'aina*, the feast had spiritual significance; it was thought that they were sharing a meal with the gods. Native cuisine until the arrival of European settlers in the 1800's was, like most Polynesian cuisine, extremely low fat. With the arrival of pigs on the island and later Spam this would change the typical native's diet, sometimes gravely. There is some momentum to return to a more traditional diet as natives are suffering from heretofore unknown epidemics of diabetes, strokes and heart attacks much like Native American cuisine whose pre-conquest diet has been replaced with things like untraditional Indian fry bread.

Native ingredients

Taro - A tropical plant grown primarily as a vegetable food for its edible corm.

Coconuts

Yams

Sweet potatoes - a member of the morning glory family yields the highest nutrition per acre of any crop

Sugar cane

Breadfruit - A staple food in many tropical regions. It can be eaten once cooked, or can be further processed into a variety of other foods.

Kukui - The kukui nut is similar (though "rougher") in flavor and texture to the macadamia nut

Bananas

Mussels

Mountain apples

Island Fish - fish like mullet and mahi-mahi

Seaweed



Ingredients borrowed from other cultures

Five spice - A convenient seasoning for Chinese cuisine, particularly Cantonese cuisine. It incorporates the five basic flavors of Chinese cooking — sweet, sour, bitter, pungent, and salty. It consists of China Tung Hing cinnamon (actually a type of cassia), powdered cassia buds, powdered star anise and anise seed, ginger root, and ground cloves. Another recipe for the powder consists of cinnamon, black pepper, cloves, fennel seed, and star anise

Char siu - Cantonese-style barbecued pork

Wasabi - Japanese horseradish, member of the mustard family.

Tofu - a food of Chinese origin, made by coagulating soy milk, and then pressing the resulting curds into blocks.

Patis and Bagoong - fish sauces

Sushi and Sashimi - A food made of vinegared rice combined with various toppings or fillings.

Jicama

Spam

Melons

List of Hawaiian foods

Ahi - tuna, several species of ocean-dwelling fish

Kalua Pig - Kalua is a Hawaiian cooking method that utilizes an imu, or underground oven.

Kona coffee - the market name for a variety of coffee

Loco Moco - The essential *loco moco* consists of white rice topped with a hamburger patty, a fried egg, and brown gravy.

Lomi salmon - typically prepared by mixing salted, diced salmon with tomatoes, crushed ice, and green onions

Macadamia nut

Mahi-mahi - surface-dwelling ray-finned fish found in off-shore tropical and subtropical waters world-wide.

Plate lunch - The standard plate lunch consists of two scoops of white rice and a scoop of macaroni salad taken by an ice cream scooper, combined with one kind of meat.

Poi - Hawaiian word for the primary Polynesian staple food made from the *kalo* plant

Poke - a fish salad served as an appetizer. Poke is Hawaiian for "section" or "to slice or cut", and consists of cubed (about 1") raw fish (often *ahi* tuna) combined with limu seaweed, crushed kukui nut, and sea salt.

Portuguese sweet bread - A bread made with milk, sugar and/or honey to produce a subtly sweet lightly textured loaf. It was traditionally made around the Christmas and Easter holidays.

Spam musubi - A very popular snack or luncheon food in Hawaii made in the tradition of Japanese *onigiri* or *omusubi*. A slice of Spam is placed onto a block of rice and a piece of *nori* (dried seaweed) wrapped around the Spam-rice combination to hold it together.

Tako - octopus

Compiled by Paula Scott, USU Extension, Salt Lake County

Source: Wikipedia

http://en.wikipedia.org/wiki/Hawaiian_cuisine



EFNEP
EXPANDED FOOD & NUTRITION
EDUCATION PROGRAM

2

SALT LAKE
UtahState
UNIVERSITY

Utah State University is an affirmative action/equal opportunity institution.

Page 2